

# VITAL SIGNS

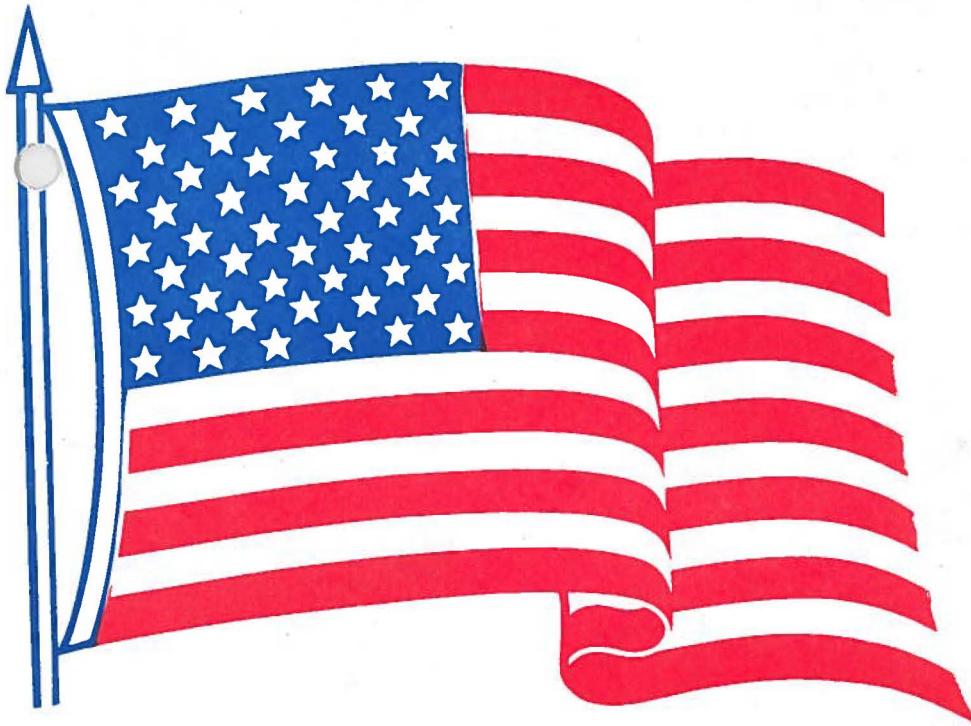


VOL II No. 9

Naval Regional Medical Center, Orlando, Florida

1 June 1980

## **Celebrate Flag Day 14 June**



**“White is for purity;  
Red, for valor;  
Blue, for justice.**

**And all together,  
bunting, stripes,  
stars, and colors,  
blazing in the  
sky,**

**Make the flag of  
our country,  
To be cherished  
by all our hearts,  
To be upheld by  
all our hands.”**

**By Charles Sumner**



## Soccer!



HM2 Mervyn Nicholas, Physical Therapy, proudly shows the trophies the NTC Soccer Team brought back from the South Atlantic, Division IV, games held at Key West, 31 May and 1 June. The NTC Soccer Team, in its first year, defeated the Key West team to become the 1980 champions. The larger trophy on the right was awarded the team; the smaller trophies were awarded each player.

Staff members on the team are: HM2 Mervyn Nicholas, HN Eddie Hewitt, and HN Jimmy Ruiz. The team will travel to Charleston 20 - 23 June to participate in the South Atlantic Regionals.

## Whoooizzit?



One member of this family is now on our staff! Which one? Whoooizzit? Turn to Page 8 for the answer.



## We're glad you're here!

CDR C. M. Sauer, MC, from NRMCM, Okinawa  
 CDR J. H. Megonnell, NC, from University of Pittsburgh  
 LCDR P. F. Truran, MSC, from BuMed  
 LCDR J. A. Truhe, NC, from NAVAEROSPREG MED Center, Pensacola  
 HM1 R. Perez from Mobile Construction Battalion, Gulfport, MS  
 HM3 E. R. Ronan from NSHS, Portsmouth  
 HM3 R. D. Frazier from Boone Clinic, Norfolk  
 HA O. Devine from NHCS GLAKES  
 HA K. E. Kinnard from NHCS GLAKES  
 HA E. L. Voll from FMSS, Camp Lejeune  
 HA C. M. Garis from NHCS GLAKES  
 HA J. A. Suarez from FMSS, Camp Lejeune  
 HA D. A. Orf from FMSS, Camp Pendleton  
 HA G. J. Callahan from NHCS GLAKES  
 HA K. M. Cappel from NHCS GLAKES  
 HA C. L. Weaver from NHCS GLAKES  
 HA M. Brown from FMSS Camp Pendleton  
 HR R. Thompson from FMSS Camp Lejeune

## We're sorry you're leaving!

HM3 C. W. Schultz to 3rd MarDiv, FMFPAC, Okinawa  
 HM3 V. Paglino to USS NASSAU (LHA-4)  
 HM3 D. L. Tate on Separation Leave  
 HM3 J. R. Martin to civilian life  
 HA M. J. Lake to 2nd FSSG, Camp Lejeune  
 HM2 S. Mitchell to civilian life

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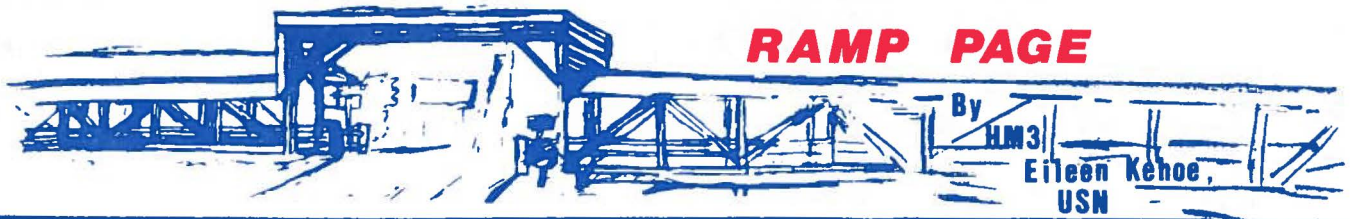
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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN  
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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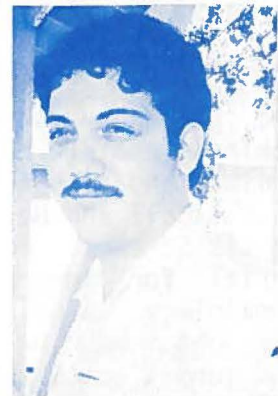


**RAMP PAGE****What does the flag mean to you?**

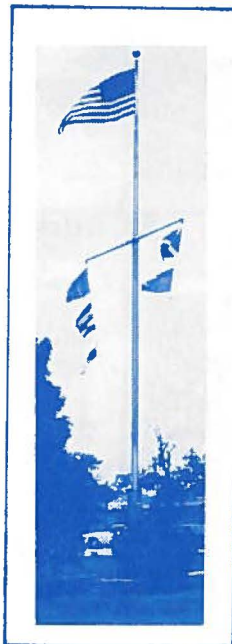
Jeanne Cepada, Fiscal & Supply: Freedom and liberty in our country.



CDR W. E. Tumblin, CHC: The flag draws forth many memories and feelings.....I have the greatest desire to sing the Star Spangled Banner whenever the flag is raised.



HN N. Caloyeropoulos, Ward 12: I wish it was what it was meant to be; a symbol of unity within the nation.



"... o'er the land  
of the free  
and the home of  
the brave."



Alice Berkley, Navy Exchange: Freedom.....it makes me proud to be an American! I even get chills when I hear the Star Spangled Banner!



HN K. Atkins, Surgical Clinic: It stands for pride, great accomplishments of the past, and the hope for even greater accomplishments in the future.



## LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

### The "RIF" Lab

The "RIF" Lab, a component of the NRMCL Laboratory Service, is located at the NRMCL Annex. This laboratory serves as a center for collection, processing and interpretation of some 9,000 tests each month, on personnel from the Naval Training Center's multi-command complex.

Service hours are between 0730 and 1600. Specimens are collected for Rubella and pregnancy screening programs on incoming female recruits, and also for Sickie Cell and Hepatitis Screens. Material for Immunohematology studies are obtained here and submitted to the ABO laboratory. Specimens for other specific routine hematology and biochemical evaluations are transferred to other special laboratories in the Annex Building and also to the Main Laboratory for interpretation. Infectious material is plated on media and transferred subsequently to the Microbiology Department of the Main Laboratory for analysis. Routine blood counts, peripheral blood film evaluations, ZSR, the Gram stain and routine urinalysis are some examples of tests available on an ASAP basis.

The Laboratory supervisor is HMC Robert Mitchell. Chief Mitchell is a native of Toms River, New Jersey, and has served 19 years in the Navy. He joined us in December 1979 from the Armed Forces Radiobiology Research Institute at Bethesda. Previously, he was stationed here between 1970 - 1973 when he served with NAMRU-4, and was involved in meningitis

epidemiology and upper respiratory tract flora studies. He is an enthusiastic coin collector, and is a past president of the NTC Coin Club. The Chief is a family man and enjoys time with his wife, Donna, and children, Brian (14), Denise (10) and Robbie (8). He plans to retire in Orlando.

Working with Chief Mitchell is HM2 Jerry Collins and HM2 Chuck Hegdahl. Jerry is from Tampa, Florida, and has been in the Navy for the past 5 years, the last 3 years of which have been at Orlando. He has served at the Annex Laboratory for the past 1 1/3 years. HM2 Collins enjoys boxing, reading, fishing, hunting, and loves the woods. He and his wife, Nancy, are expecting a baby in July.



From left to right: HMC Mitchell, HM2 Collins, and HM2 Hegdahl.

HM2 Hegdahl is a native of San Francisco and has been in the Navy for 7 years, the last 2 of which have been here in Orlando. He is a bachelor, and enjoys reading, concerts, and fast cars! HM2 Hegdahl plans to apply for overseas duty for his next assignment. Meanwhile, he is completing requirements for a Baccalaureate Degree in Political Science. Eventually, he plans to

apply for Officer Candidate School.

The "RIF" Laboratory is a small compact lab where team work is of the utmost importance. Chief Mitchell's industry and pleasant personality set the tone and motivation for the productive efforts of his team members.

During the past few months, I have endeavored to show a personal glimpse of our employees. We have more than 30 officer, enlisted, and civilian employees who proudly serve in the Laboratory and I shall continue to use this column to introduce them to you.



### LTJG Hopkins selected as the Outstanding Junior Nurse of the Year

LTJG Michael B. Hopkins, NC, USNR, assigned to Wards 3A, 3B and 3C, has been selected as the Outstanding Junior Nurse of the Year at NRMCMC, Orlando.

As the 1980 Outstanding Junior Nurse of the Year, LTJG Hopkins received a Letter of Appreciation from the Commanding Officer and the Rear Admiral Bartholomew W. Hogan Award Certificate accompanied by a check for \$100. Rear Admiral Hogan, a former Surgeon General of the U.S. Navy, retired and residing in Florida, has contributed a check for the award each year since 1974.

The junior nurses stationed at NRMCMC, Orlando, vote each year, by secret ballot, to select one nurse from among their peers, whom they consider the most outstanding. The selection is based on professional achievement and excellence, military leadership, social involvement, and community service. The announcement of the winner is made on the anniversary date of the Navy Nurse Corps - 13 May.

LTJG Hopkins is a graduate of the University of Alabama Huntsville School of Nursing and has been a member of the NRMCMC staff since October 1978. He is married and he and his wife, Rita, have two children, Michael Ryan, age 7, and Julie Ann, age 5. LTJG Hopkins plans to make the Navy his career.



**LTJG Hopkins receives RADM Bartholomew W. Hogan Award Certificate from CAPT ZIMBLE.**

### Open letter to . . .

Junior Nurse Corps Officers:

With deepest humility and gratitude, I accepted the Outstanding Junior Nurse of the Year Award on the 72nd Anniversary of the Navy Nurse Corps. It is an honor enhanced with the selection being made by my peer group. I will strive to fulfill the expectations of the concepts of the Award during my Naval career. Thank you very much.

*Michael B. Hopkins*

Michael B. Hopkins, LTJG, NC, USNR

### The "stars" of the promotion show



Our new E-8's and E-9 pose proudly with the Captain and Command Master Chief after receiving their new stars. From left to right: Captain Zimble, HMCS Brian R. Bates, DPCM William T. Moran, HMCS James H. Rollen, and C/MC HMCM Robert E. Clements.

### Our MSC's have a Bull Ensign!



CDR Loar, Director of Administrative Services, pins the Bull Ensign insignia on Ensign Samuel P. Alford. The ceremony was carried out with appropriate pomp on 4 June.

Ensign Alford, the most senior MSC Ensign on board, will carry out the responsibilities of his position with bullish vigor until relieved.

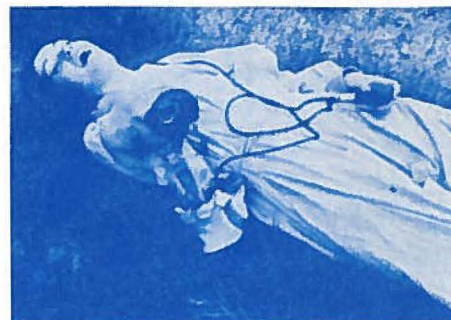


**This is a drill!**

**Disaster Control Teams excel**



Casualties



Field Aid Station





# VITAL SIGNS

1 June 1980

SUPPLEMENTAL PAGE C



Field Operation  
Section Commander



From Litter Bearers to Ambulance Team



Security Team  
Leader



Triage Team



To immediate care





## Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

### On having it your way

"Have it your way!" sells hamburgers to fast-food consumers who also demand some individual attention to their taste buds. (My son is one of these.) But in a world where products are increasingly made and marketed in standardized fashion, the subtle loss of freedom of choice somehow rankles. Modern conveniences inevitably force people into appearing, behaving, and owning in similar fashion much of the time.

The rash of newly emerging religious cults as well as humanistic self-actualization therapies are perhaps indications of how irritated some Americans are over not having things their way. And the flood of poor have-nots from Haiti and Cuba on our shores speaks loudly of the desire for greater economic/social/political self-determination in the Caribbean. Young people generally are making some assertion of their freedom in choosing to experiment with psychoactive substances and abuse prescription drugs.

Self-assertion in search of freedom and autonomy did not begin in the twentieth century. Wrestling with human limitation while living in community with others is one of the central struggles of life. Wanting more freedom and individuality than we have drives people.... and usually enslaves people. Adam and Eve discovered this in the garden of Eden. The recently deceased existentialist, Jean-Paul Sartre, stated this dilemma through a character in his play, "No Exit," who affirmed that "hell is other people." Although Sartre denied any significance for the anguish of human existence beyond one lifetime, Dorothy Sayers has pointedly focused on the truth of the bible regarding authentic personhood in relation to God when she said, "If you insist on having your own way, you will get it. Hell is the enjoyment of your own way forever."

God calls us to a family and an

### Captain Boorstin honored by OA



Photo by NTC Photo Lab

Captain James B. Boorstin, MC, Assistant Chief, Operational Medicine Service, has been elected as a trustee on the National Board of the World Service Organization of Overeaters Anonymous, at their National Conference in Los Angeles during the week of 14 - 18 May. By his election to the Board, Captain Boorstin has achieved some notable "firsts:" he is the first non-OA member ever to be elected as a Board member since the organization was started in January 1960; he is the first Naval officer to be a Board member; and he is the first psychiatrist to be a Board member.

Captain Boorstin was nominated for this honor by Janet Jowers, the On-Site Coordinator for the Naval Alcohol Safety Action Program Detachment, Orlando, who also serves as a trustee and the Treasurer of the National OA organization. The National Conference, attended by 260 delegates representing the over 100,000 OA members, voted unanimously for Captain Boorstin's election.

eternal home wherein we are blessed as persons. His Kingdom appears paradoxical to human values however. For Jesus taught that the greatest in God's Kingdom would not be the one who always got his own way but the person who served all others first.



**NURSING****SERVICE**

By LT Greg Holeman, NC, USN

**... From the  
other side!**

By HM3 John M. Cadrain, USN

**My first....**

It is with great pleasure that I take over CDR Stewart's "Vital Signs" column. CDR Stewart reflects the kind of positive attitude, sincerity and enthusiasm that I have always felt are the most desirable qualities of a successful leader. Our loss is Hawaii's gain. Aloha!

I intend to keep this column positive and constructive, using it as a multi-purpose tool through which the Hospital Corps staff and Nurses, both civilian and military can receive recognition for outstanding achievement. I also want to use it to help promote the nursing profession, to help others better understand our military mission in today's Navy, and to use it as an instrument to explore ways of bettering life for all members of the military service.

In order to accomplish this, I will need and appreciate your help. Please make this YOUR column too by sharing any newsworthy or interesting items you may have.

Speaking of newsworthy..... we celebrated the Navy Nurse Corps 72nd Anniversary on 13 May in the William G. Lawson Room. The official cake-cutting was deftly carried out by Captain L. E. Nickerson, NC, and the most junior Navy Nurse present, Ensign Marlene Francis, NC, USNR. Captain Zimble also assisted and, with sword in hand, demonstrated his method for cutting bigger pieces! The ceremony was high-lighted by the announcement that LTJG Michael Hopkins, NC, was selected as the most Outstanding Junior Nurse of the Year. Congratulations, LTJG Hopkins! Mr. Hopkins is a member of Commander Porter's "storm troopers" at the NRMC Annex and a truly outstanding professional military officer.

The monthly Geewiz Quiz is:

What kind of Navy would this be

If everyone in it were just like me?

I hope your answer is a positive one!  
Have a great month!

**Immunizations**

The Recruit Immunization Clinic is located in Building 246 on the first deck of the NRMC Annex. It serves a wide range of functions, although it mainly deals with the recruit population at Recruit Training Command. The Immunization Clinic is open Monday through Friday from 0730 - 1600 daily. It also serves all active duty military stationed at the Naval Training Center along with NAVETS and all transient personnel awaiting orders to various stations.

During the so-called slow months at Recruit Training Command, from November - May, the clinic performs approximately 20,000 immunizations per month. During peak months, the clinic performs approximately 40,000 immunizations per month. Shots given are standard boot camp inoculations and include: Meningococcal vaccine, PPD Tuberculin skin test, Tetanus - 2 series each shot, Typhoid - 2 series each shot, Polio - 2 series, Influenza, and smallpox.

People receiving shots are thoroughly screened for allergies to drugs or previous reactions to any immunization. Smallpox vaccination patients are screened for exzema. The Rubella shot is given to all male recruits. Females are screened for pregnancy first before receiving the Rubella shot. The clinic dispenses the Yellow Fever shot for overseas areas that are endemic to that particular disease, meaning that it still exists in some areas of the world.

It costs in excess of \$60,000 annually to keep the Immunization Clinic in operation with some immunizations increasing in cost as much as 400% in the past 24 months.

Many parts of the fleet rely on the immunization program in Orlando to be efficient in order to place many Navy personnel throughout the world without delay.



1 June 1980

## the Family Line .....



By CAPT C. Victor Romano, MC, USNR

The power of a kind word

There are occasions when patient complaint letters arrive at this command and, subsequently, are forwarded to respective department heads for action. If one is to analyze their contents as to the type of complaint, you no doubt would find some of the following:

"I waited over an hour for the doctor,"  
 "The Corps person paid no attention to me,"  
 "The phone rang for 10 minutes and nobody answered it,"  
 "Your line is always busy,"  
 "I waited in the ER for several hours before I was seen,"  
 "Navy medicine is bad,"  
 "I don't like his/her attitude,"  
 "I served my country and expect better treatment,"  
 etc. In order to properly reply, the Chief of Service will receive input from all individuals who were involved and only after a complete investigation and evaluation of the facts will a response be forwarded to the originator of the complaint.

Now, you may wonder where all this is leading. Frankly, it comes down to a phrase you have heard many times..... patient awareness! The interaction of patient and health care professionals, whether military or civilian, is basic to the providing of quality medical care. To extend this concept further, we are talking about basic communication among all individuals who are health care providers and eligible beneficiaries. A kind word, a sincere show of concern for the individual, an apparent interest, and, basically, good common sense can alleviate almost all complaints. It is that little extra effort to explain a situation that to you is simple and routine, but to the patient appears to be monumental.

Let's return to the theme concept of medicine where we all strive for the ultimate goal -- high quality medical care. If we did not feel compassion for people, we would not have chosen the medical profession as our career. In dealing with patients, try to remember something I learned from a physician whom I highly respected: treat your patients the same way you would want your family treated.

Family Line "Quotes"

"Keep your words soft and sweet just in case you have to eat them."

Author Unknown

17 June - Hospital Corps 82nd Anniversary!

The annual picnic for all hands will be held

FRIDAY - 27 JUNE

1300 - ???

Old CPO club picnic grounds

All NRMC staff, military and civilians, invited!

"Hints for the harried - tune in before burn out"

...that's the name of a presentation to be given by Laura M. Kornick, Executive Director of the Foundation for Health-Caring. The presentation is scheduled for Thursday, 12 June, from 1500 - 1600 at the Mariner's Club. All civilian and military employees are invited to attend. Supervisors are encouraged to excuse their employees in time for the commencement of this enrichment program in support of EEO.

Laura Kornick is a psychotherapist who, in addition to her position with the Foundation for Health-Caring, is also associated with Innovative Services of Winter Park.

The program is being sponsored by Anna Lewis, the FWPM for the Naval Training Center. For further information call Anna at Extension 4657.





## Master Shipwreck

HMCN(SS) R. C. Clements, USN

### A symbol of unity -- the Stars and Stripes

Wherever and whenever it is displayed, Old Glory is always accorded the highest honors. In passing foreign vessels, U.S. Navy ships dip the national ensign only in return for such compliment.



Custom dictates the flag be raised and lowered by hand and never touch the ground. When it flies, the flag flies without restriction. It's folds fall free. And when it is lowered, it is done slowly and with dignity.

At hoisting and lowering ceremonies, when the flag is passing in a parade or processing, or when the National Anthem is played, people salute. Those in uniform salute in the military manner, those in civilian clothes by covering their hearts with hats or hands.

When the flag of the United States becomes worn or outdated, it must be destroyed. But first the union is cut out so it is no longer our flag and then the two parts are burned.

NRMC Orlando is fortunate to have the Navy Band Orlando play for colors every Thursday morning and for personnel inspection on the first Thursday of each month. The band arrives at approximately 0745 on non-inspection Thursdays and performs until colors. The Commanding Officer and I cordially invite all hands to attend colors and enjoy the fine music provided by Navy Band Orlando.

### NRMC's Federal Employee of the Year

Mary V. Van den Heuvel, the Managing Editor of the Vital Signs, was recently recognized as the NRMC Federal Employee of the Year by the Central Florida Federal Management Association. Mary was one of 13 employees recognized by other federal agencies in the Central Florida area.

Mary Van has been the driving force and prime contributor to Vital Sign's success since it was established in December 1978. Her painstaking efforts ensure that Vital Signs is coddled each month until the smooth drafts are prepared for printing. Without her sincere dedication and exceptional abilities in this field, the Vital Signs could not enjoy its wide popularity.

In addition to her work on Vital Signs, Mary was also recognized for her Superior Sustained Performance in the Human Resource Management Service. Her former military experience as a Senior Chief Yeoman is patently evident in the preparation of all enlisted evaluations and officer fitness reports. She is also a valuable one-of-a-kind resource for the preparation of fliers, special programs, and fine art work.

Congratulations, Mary Van, on being selected as the Naval Regional Medical Center's Federal Employee of the Year! Bravo Zulu.



Mary Van and Captain Zimble displaying the Certificate presented at the Central Florida Federal Management Association luncheon on 15 May.





## ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

### Committees

In this issue of Vital Signs I would like to address a specific staff population -- the committee members. First, I wish to congratulate you for joining in. You share in the participative management at NRMC Orlando. The directions of this organization are the directions you give it. For that, congratulations! You recognize that you get most out of the Navy when you actively contribute. The more put in, the more received. Your participation in committee functioning allows you to be where the action is.

What? Do I hear someone out there saying, "Baloney..... I didn't volunteer..... I didn't ask to serve." You may not share my perceptions of committee functions. You've probably espoused the old chestnut that a camel is a horse designed by committee. That theory of evolution by committee might well apply to the ostrich, platypus and crabgrass as well; but that description really applies to a committee that is not too healthy. A truly healthy committee, one whose members understand its purpose and who provide positive input directed toward the satisfactory attainment of committee goals, makes a Man-O-War when tasked with designing a horse.

I'm sure there is that committee representative who feels that the demands of the committee detract from "taking care of my patients." However, I submit that the committees established at NRMC Orlando are for the sole purpose of better patient care. As a committee member, it is your responsibility to know the status and goals of your committee. Read the NRMC by-laws, directives and minutes which concern your particular committee. Do your home work before coming to committee meetings so that you can truly influence the course of affairs of this medical center. You'll be surprised at

how much more satisfying your work place will then become.

I hope you, the reader who is not now a committee member, are still captured by the magnetism of my deathless prose, for I have words for you as well. Believe me, this organization is rife with committees in which you can assert your talents. There are committees, standing and ad hoc, administrative and clinical, monthly and quarterly, which address quality assurance, material management, disaster control, cost containment, social functions, human relations, etc. There is at least one such committee which could use your help. Volunteer your services. Get involved. Be a doer instead of a doee. NRMC Orlando will be the better for your efforts; you will be the better for the doing.



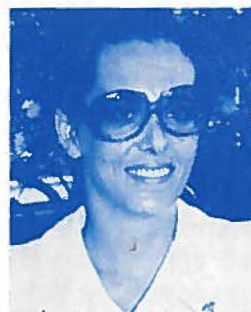
### CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Inell Baldwin, William Taylor, and Alice Wilson on 3 June; June Hicks on 5 June; Joseph Callender on 6 June; Mary Yarbrough on 8 June; Clyde Howard on 9 June; Carolyn Smith and Betty Wimberly on 10 June; Mary Graham on 14 June; Albert Larrivee on 24 June; Barbara Biggie and Carol Ryals on 25 June; Carolyn Edwards on 26 June; Linda Bunker on 27 June; Mary Van den Heuvel on 28 June; Tessie Martin and Barbara Rhodes on 30 June.

### Whooizzit?



It's HM3 Eileen Kehoe, on the lower right, Ramp Page Reporter and Photographer on the staff of Vital Signs. HM3 Kehoe reported to this command for duty 16SEP78 and has served as a member of Nursing Service, Human Resource Management Service, and Educational Services. She will be transferred in the fall to attend RP School. HM3 Kehoe claims New York City as her hometown.